

Maryland State Advisory Council on Arthritis and Related Diseases

Meeting Minutes

Wednesday, March 1, 2017

Attendance

Members Present in Person

Erin Penniston
Rebecca Manno
Liz Woodward

Members Present on Phone

Bernadette Siaton
Chanel Whittaker
Meg Gwaltney
Julie Poludniak
Linn Rivera
Matt Jackson
Domenic Borro

Members Absent

Jody Marshall

DHMH

Berit Dockter

Guest

Sree Koneru

Welcome & Introductions

- Meeting was called to order at 4:40pm.
- Council members introduced themselves.
- Guest from BioElectronics Corporation: Sree Koneru. BioElectronics Corporation is a Frederick, Maryland based manufacturer and their product, ActiPatch, just received over-the-counter use market clearance from the FDA for the adjunctive treatment of musculoskeletal pain related to (1) plantar fasciitis of the heel; and (2) osteoarthritis of the knee. ActiPatch has been available over-the-counter in the UK, Canada, Australia and numerous other countries for years. Check out their Facebook page and learn more about the technology behind ActiPatch by watching this YouTube Video: <https://www.youtube.com/watch?v=H5O3qVED6dA>.

Approval of Minutes from December 7, 2016

- A motion to approve the meeting minutes from December 7, 2016 was from Dr. Manno and Liz second the motion. The Council voted to approve the meeting minutes.
- The minutes will be posted to the website (<http://phpa.dhmh.maryland.gov/ccdpc/arthritis-council/Pages/meetings.aspx>).

Health Education

- None today. Jody Marshall will be invited to reschedule her presentation today on massage therapy to next meeting due to change in her availability.

Newsletter Update

- Volume 1 (first edition) of the Maryland Arthritis Council Newsletter was sent February 23, 2017 via Constant Contact email.
 - 432 people on the contact list were sent the newsletter. 87 emails (20%) bounced back—Berit updated email contact list. Total of 345 people received the newsletter.

- 60 people (17%) opened the newsletter (as of Feb. 27). Of the 60 people who opened the newsletter, 4 people clicked on the links provided within the newsletter with a total of 13 click-throughs. The most common links clicked were the Area Agency on Aging Directory and Walk Maryland Day. 71% opened the email newsletter with their computer and 29% opened it with their mobile device. 2 people unsubscribed, 0 people forwarded the email newsletter, 285 people did not open.
- This newsletter was posted and future newsletters will be posted to the Arthritis Council website (<http://phpa.dhmdh.maryland.gov/ccdpc/arthritis-council/Pages/meetings.aspx>).
- Feedback of the first newsletter from Council members:
 - Matt asked about the areas that were clicked. Berit specified the most common areas clicked were Area Agency on Aging Directory and Walk Maryland Day.
 - Liz asked what Constant Contact counts as “open.” She read the newsletter as an email and did not open as a browser, so others might be the same and the program would not count that they read the newsletter.
 - Sree says “open” is usually when people viewed the email.
 - Linn asked if they can put the newsletter on the Disabilities website and post to Facebook and Twitter. Dr. Manno said yes to get it out there.
 - Liz asked if people can subscribe. Yes they can.
 - Meg asked about the email distribution list. Berit can share the emails of who opened the newsletter with the group. Dr. Manno agreed it would be helpful to see who the 60 people are who opened.
 - Add to the newsletter: what would you like to see in the newsletter? That will help get ideas of what to include. This can be added to the next newsletter in the intro to solicit events and articles.
 - Liz suggested more images. Dr. Manno encouraged the Council to help with formatting. Would like to see more colors, pictures.
 - Liz asked about statewide or regional events. Dr. Manno encouraged statewide events.
 - Berit encouraged the group to send her events to post in the next newsletter.
 - Linn really likes the newsletter, the stories, and thinks the information is useful.
 - Berit will send the email list including the 60 people who opened the newsletter. Dr. Manno asked where the email list came from. Erin thinks there was a toolkit from years ago. Liz thinks other Councils have lists too. Berit and Erin will help update the list. Dr. Manno mentioned “Creaky Joints” as well as other arthritis and patient organization groups to include.
 - Matt likes the colors on the document. Well done. Easy to read. Dr. Poludniak agreed the colors and background look nice.
 - Add to next newsletter a promotion to share on Facebook and ways to give us feedback. Like a “sharing corner.”
 - Chanel asked how the email looks when it goes out, does not recall seeing it. The layout of the newsletter is the email and the layout is there, no link to the newsletter.
 - Dr. Poludniak agrees about the “share” option. Would be nice especially for people who open from their phone.
- Draft of second newsletter and target date to send (May, which is Arthritis Month)
 - Berit shared the main articles that will be included: Meg’s story and Aching Joints.
 - Dr. Manno would like to highlight May as Arthritis Month in the welcome section. Post some Maryland stats (Dr. Manno will write) to the welcome to highlight awareness.
 - Dr. Siaton asked about RA fast facts or should it be Maryland stats? Dr. Manno said RA would match the patient story. Dr. Siaton will write RA fast facts.

- Meg asked if her story is too long or if the stats in her story would be repetitive.
- The stats would be easier to read in bullet format and maybe move out of Meg's story into the Fast Facts section.
- Domenic asked if there is a section for comments? We can add that in the section where we solicit events and future articles.
- Dr. Manno suggested a section for: comments, feedback, share. Additional section at the end in its own space.
- Future newsletters to include drug therapy and non-pharmacological treatment articles
 - Chanel is interested in contributing to a pharmacy section for the summer newsletter.
 - Liz added farmers market and exercises as article ideas to the newsletter archive, could put together an infographic.
 - Meg mentioned the uncertain times with ACA and insurance coverage. Does the newsletter want to address any concerns about access to health care? We could show what is available in Maryland. Dr. Manno says it is a very important point and we can include info in the events and resources section, such as a free screening at a health fair or a seminar on health insurance or Medicare. A good way to promote in the newsletter is to direct people to an action item without giving opinion or making a stance. Meg mentioned free clinics around Maryland and rheumatologists are available at these locations. Meg can send Berit the free clinic website, can post the link in the newsletter.
 - Sree asked if there is a mechanism of action, what causes arthritis in the first place. How to reverse pain over time and research. Dr. Manno said the newsletter could have a place for that—want to keep to public health versus pathophysiology.

Council Updates

- Senate Bill 38 “Department of Health and Mental Hygiene – Updating Advisory Boards and Councils” is a bill in the Maryland General Assembly this Legislative Session that is a Departmental bill to combine the current three Councils (Heart Disease and Stroke, Physical Fitness, and Arthritis) into one Council on Health and Wellness. The work of the current three Councils will continue, but be restructured into committees and the bill will create a fourth committee on diabetes.
- DHMH currently staffs these three Councils and the thought is that the Councils could combine their efforts since some of the risk factors for developing these conditions are similar.
- DHMH staff hosted a call with the three Councils on January 13 to hear member feedback and questions on SB 38.
- SB 38 had a hearing in the Senate Finance Committee on January 19, 2017. Two witnesses testified in support of the bill, three testified in support with amendment, and none testified in opposition.
- The Senate unanimously passed the bill with amendments (vote 46-0) on January 31, 2017. The amendments include: specify “or designee” for certain member positions, add a representative from the Maryland Chapter of the American Academy of Pediatrics (AAP), add a representative from the Maryland Nurses Association (MNA), add a representative from the Maryland Academy of Nutrition and Dietetics (MAND), and specify Council members may participate in “at least one” committee within the Council.
- The bill was introduced in the House Health and Government Operations Committee on February 1, 2017. No hearing in the House is scheduled yet.
- Questions/comments from Council members:
 - When will the bill take effect? October 1, 2017 if it passes.

- Dr. Manno asked if the AAP, MNA, and MAND are currently on any of the three Councils? Erin said the nurses are on Heart Disease and Stroke. Dr. Manno likes the additions of these groups to the Council.
- Dr. Manno asked what staffing will look like from DHMH if the bill passes? Erin said DHMH is still thinking about it, but will have a dedicated lead staff person (like Berit is staff for this Council) and some support staff.
- Dr. Manno asked about the breakdown of the current three Councils and moving to a Council of 33 seats. Advisory Council on Arthritis and Related Diseases: 11 members, 4 vacancies (total 15 seats); Advisory Council on Physical Fitness: 24 members, 1 vacancy (total 25 seats); Advisory Council on Heart Disease and Stroke: 21 members, 3 vacancies (total 24 seats); Total of three Councils: 56 members, 8 vacancies (total 64 seats). Interested individuals are still welcome to participate as guests with the Maryland Open Meetings Act even if they lose their seat (Maryland's Open Meetings Act is a statute that requires many State and local public bodies to hold their meetings in public, to give the public adequate notice of those meetings, and to allow the public to inspect meeting minutes).
- Berit will update the Council in April if SB 38 passes. If the bill passes, the June meeting can include a portion on the agenda to discuss logistics of moving into a new Council structure.

Member Updates

- **Dr. Siaton**—Current osteoarthritis study at the University of Maryland.
- **Chanel**—The Lamy Center on Drug Therapy and Aging at the University of Maryland School of Pharmacy, where Chanel is the Director of Education and Training, educates people on medicine and provides community education. Chanel would like to work with this Council on the newsletter in the summer to share resources from this class.
- **Meg**—Learned about an opportunity to participate on a disabilities grant project from DHMH and CDC. Meg expressed interest to join the grant group advisory committee which had a meeting in January. Currently there are three work groups focusing on workforce competencies, communications and outreach, and increasing access of disability-related programs. Erin is also part of the grant project. The grant is in the first year of a 5 year grant. The grant advisory committee will meet once or twice a year. Erin added this is a CDC grant and DHMH is also working with the Dept. of Disabilities (Jennifer Eastman is liaison) where Linn works.
- **Dr. Poludniak**--No updates today.
- **Linn**—As the Director of Health, Linn is working with Maryland's First Lady on art series initiatives called New Day Art Campaign as a way of expressing self with art. May is also Mental Health Awareness Month. Today Gov. Hogan declared a state of emergency with opioid use. Could include in newsletter a story about pain management and preventing opioid addictions.
- **Matt**—Works on employment opportunities for those with severe disabilities. Discussed Governor's "quest internship" for placement of people with disabilities. There is opportunity for summer and winter internships where state agencies can consider those in public sector jobs, includes DHMH and several others. For example, a young man on a 4 week internship was hired in the mail center at DHMH.
- **Domenic**—He has relocated from western Maryland to northeast tip of Maryland and he is getting acclimated and how he can be of benefit to this new region of Maryland and getting people on board to help this Council. He visits Union Hospital on a regular basis. Wondering how

far we want to reach with the newsletter. Erin said Dr. Poludniak is also connected to Union. Dr. Poludniak can forward the marketing director of the hospital the link to our newsletter to share in hospital newsletter. The Council agrees we would like the newsletter sent out to marketing departments. Dr. Poludniak will give feedback at next meeting.

- **Dr. Manno**—Clinical trials are underway for pharmaceutical and non-pharma treatment options.
- **Liz**—May is also Older Americans Month which is a big deal in Dept. of Aging. Erin asked about events. Liz will have classes to add to the next newsletter.
- **Sree**—Happy to help this Council and stay in touch.
- **Berit**—1) Upcoming webinar Tuesday, March 28 at 3:00 p.m. ET. Reaching People with Arthritis: Strategies and Tools.
(<https://cc.readytalk.com/registration/#/?meeting=bffpiapewmnm&campaign=294rcx08boy0>).
2) Books available for Council members to take for themselves or their patients titled “The Arthritis Helpbook: Sixth Edition.”
- **Erin**—Walk Maryland Day is October 4, 2017 and aligns with Walk to School Day. Invited Council to be part of the planning committee. Last year they had monthly planning meetings and various subcommittees to help plan the Day.

Upcoming Meetings

- The next meeting is June 7, 2017 from 4:30-6:00pm. Jody Marshall will be invited to present on massage therapy for 10 minutes at the beginning of the agenda for “health education” as she was unable to attend the meeting today.
- The 2017 meeting schedule is posted to the Maryland Register:
 - March 1
 - June 7
 - September 6
 - December 6

Meeting Adjourns

- The meeting was moved to adjourn at 5:51pm by Dr. Manno.

Attachments shared with the Council:

- Volume 1 of the Maryland Arthritis Council Newsletter
- Draft of Volume 2 of the Maryland Arthritis Council Newsletter
- Senate Bill 38
- SB 38 call notes with Council members from 1/13/17
- Archived content for future newsletters